



Junior Development
Football Playbook
2010 Season

Welcome to PVAA

Junior Development Football!

This playbook is yours to keep. It is essential to the success of our program and to your enjoyment of the game. Please read it thoroughly and study it before and after practice. It is especially important to study your playbook early in the season when so much of this information might be new to you. Ask Mom or Dad to help you with any part of the playbook that is confusing to you.

Everything discussed in the playbook will be explained during practice.. We will run most of the plays described in this book and maybe a few more, depending upon the players we have and their specific skills. We will be adding a few basic pass plays a little later in the season after you have learned the basic running plays illustrated here.

Our coaches will work with you to teach you the safe, proper blocking and tackling techniques as well as the fundamentals of the various positions. Our goal is to teach each player to play every position both offensively and defensively.

It is very important to attend practice. However, please attempt to notify your coach in advance if you will not be present at a session. During practice please pay attention to what the coaches have to say and do your best to follow their instructions. If you do, I am sure you will have a safe and enjoyable football experience.

Good Luck and have fun.

Jerry Norton

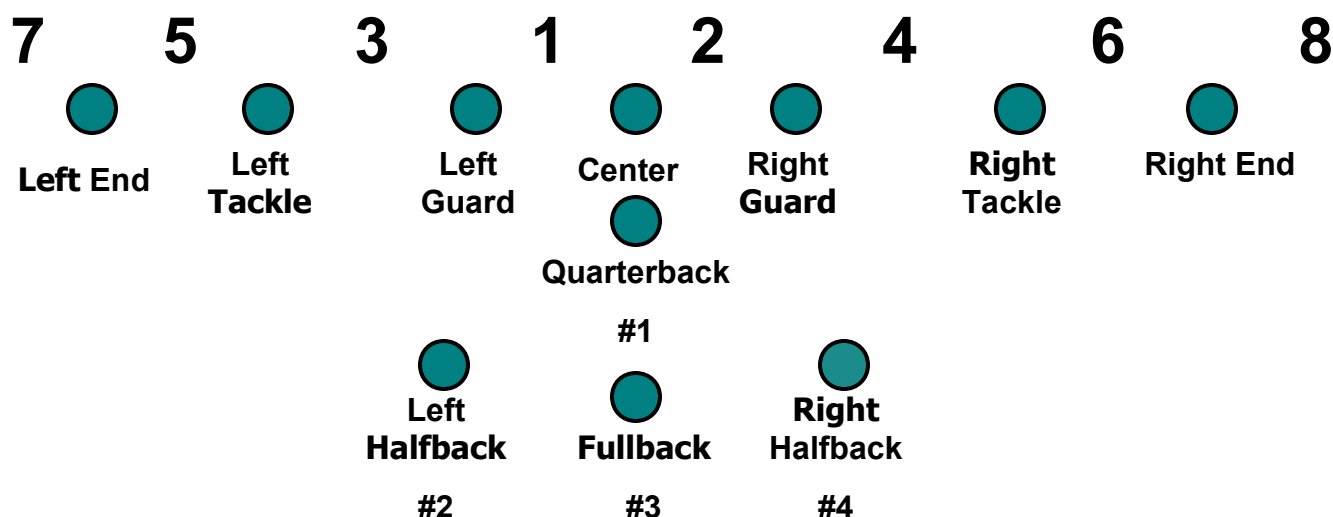




PVAA Junior Development

Offensive Base Package

Offensive Hole Numbers



The Straight "T" formation is the Offense run in the Junior Development Program

The Holes are defined as the spaces in between each offensive linemen. These holes are numbered as follows:

- The holes to the right of the Center are assigned even numbers; the #2 hole is closest to the Center, followed by the #4 hole, then the #6, and then the #8.
- The holes to the left of the Center are assigned odd numbers: the #1 hole being the hole closest to the Center, followed by the #3 hole, then the #5, and then the #7.

Spacing

Spacing (or the Splits) is the distance between the players on the Offensive Line.

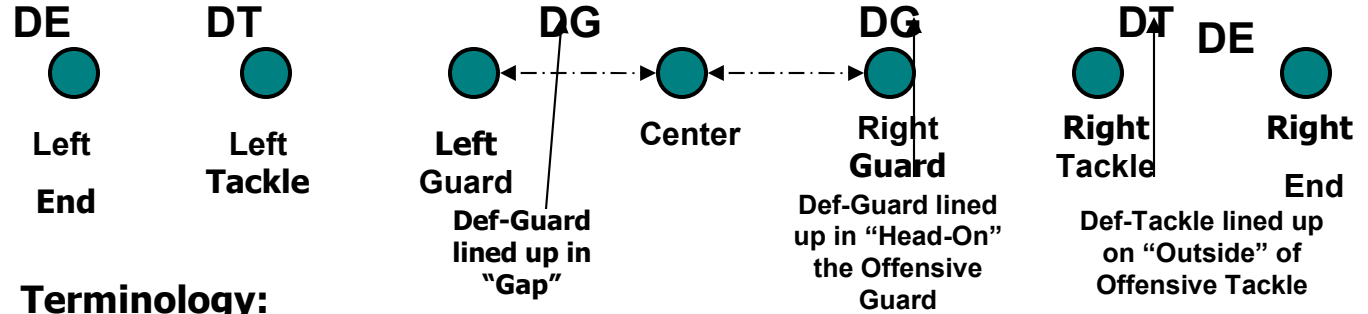
- The Offensive Guards line up 1.5 feet from the Center
- The Offensive Tackles line up 3.0 feet from the Guards
- The Ends line up 3.5 feet from the Tackles

In the straight "T" formation, the running backs line up "one-arm length" apart with the Fullback directly behind the quarterback. In "Spread" or "Power" formations, the Halfback will line up in spread positions as follows:

- The "Notch" Back lines up between the Tackle and the End, and 1-yard in the backfield.
- The "Flanker" back lines up 1-yard outside the End and 1-yard in the backfield

Offensive Blocking

Priorities



Terminology:

"On-Side" and "Back-Side": "On-Side" refers to the side to which a play will go. "Back-Side" refers to the side away (or opposite) from which the play will go.

Example: If we decide to run the ball to the right, the right-side of the Center is the "On-Side", and the left-side of the Center is the "Back-Side". In this case, the Offensive Linemen located to the right of the Center are called "On-Side" linemen. Also in this case, the Offensive Linemen located to the left of the Center are called the "Back-Side" linemen.

"Gap" and "Head-Up (or Head-On)": The space between the Offensive Linemen. When a Defensive player lines up in the space between the linemen, we say that he is lined-up in the "Gap". If the Defensive player lines up directly in front of an Offensive Lineman, we say that he is playing "Heads-On" that Offensive Lineman. (See examples listed in diagram above).

"Inside" and "Outside": "Inside" is the term that refers to any position, or direction, closer to the ball. "Outside" refers to any position, or direction, away-from the ball. In the example listed above, the Defensive Guard is lined up to the "Inside" of the Left Offensive Guard.

The key for Offensive Line Blocking by **On-Side** Offensive Linemen is:

G O L

G: Stands for GAP, and that is the blocker's priority. This means that if there is a Defensive Player lined up in a blocker's inside-gap, that is the player the blocker must block

O: If there is no Defensive Player lined-up in a blocker's inside-gap, then the blocker must block any player lined up directly "Over" or in front of him.

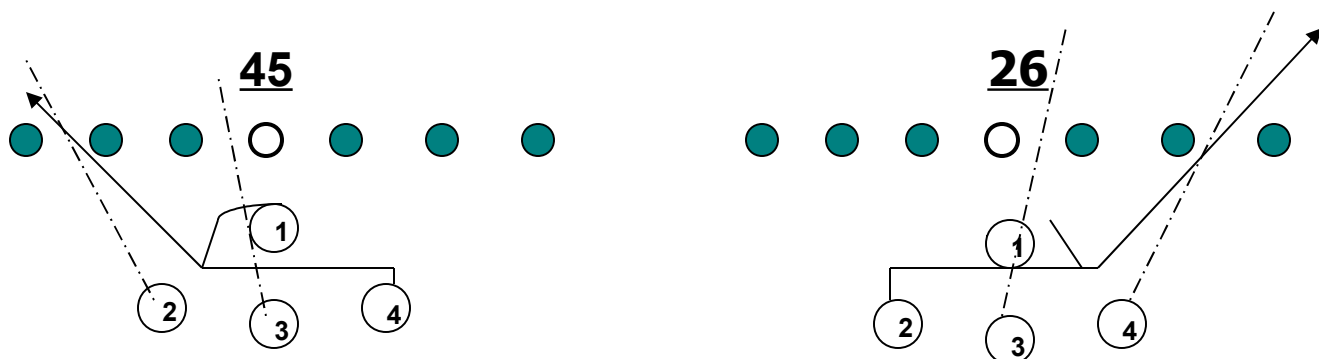
L: If there is no Defensive Linemen lined up in a blocker's inside-gap or in front of him, then the blocker should block the closest Linebacker.

Back-side Offensive Linemen always block the Defensive Player that attempts to come through their inside gap.

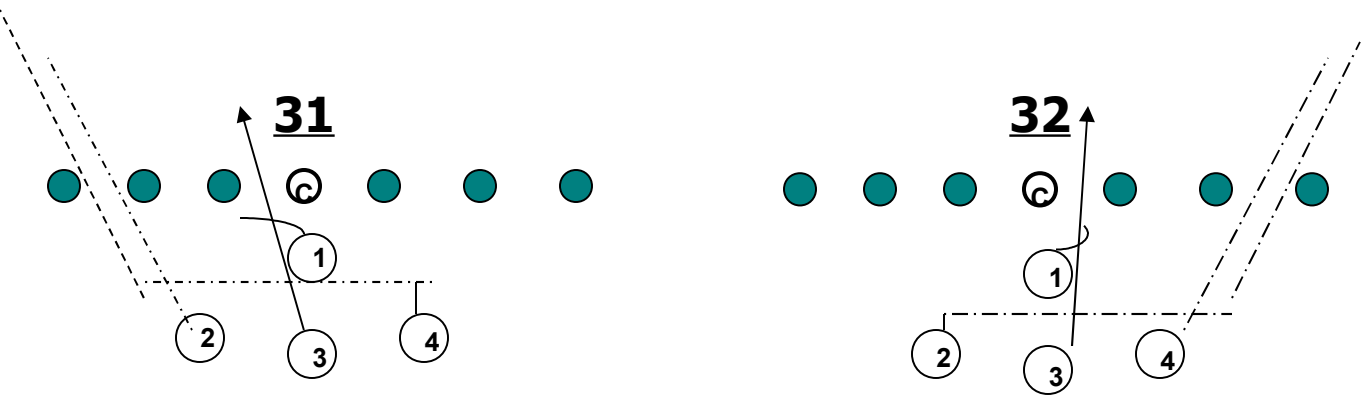
Offensive Play Calling

All JDL coaches will use the following format to call offensive plays. Essentially, it is a Formation – Number - Cadence system.

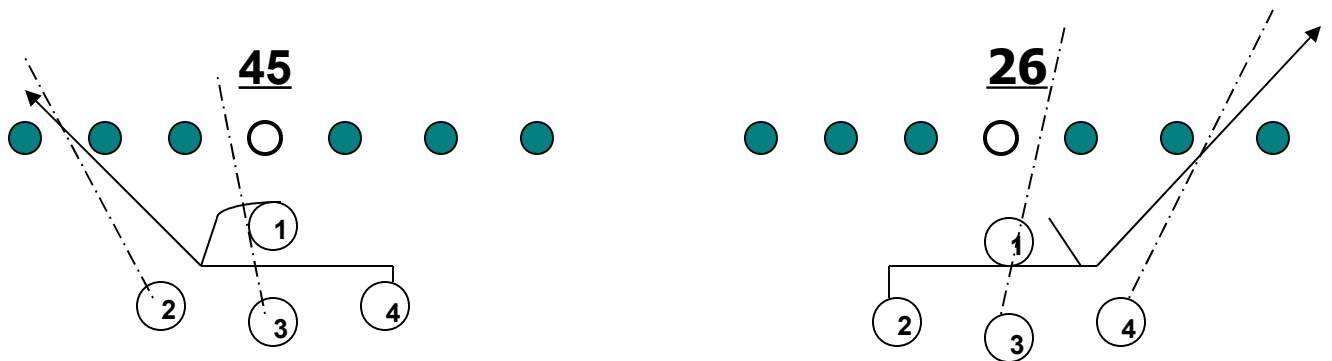
While in the huddle, the offensive coach will convey the offensive formation first, the play number second and the snap count afterwards. For example, the first play below would be conveyed by a coach as “straight-T, 45, on two”. The second play would be called “straight-T, 26, on one”. The formation and play number will vary from play to play. However, this Formation – Number – Cadence system will be used by all coaches in every division for consistency purposes.



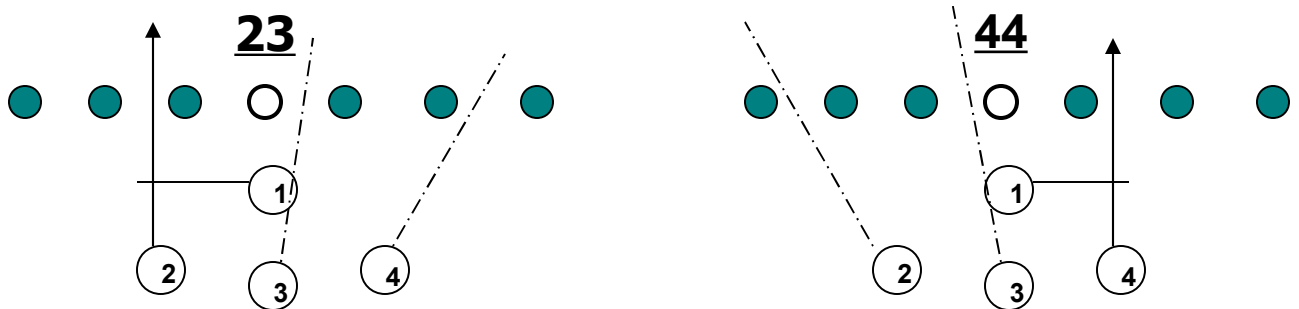
Offensive Plays



On these two plays, the ball is handed to the fullback running between the Guard and Center. After making the handoff, the fakes to the halfback as shown



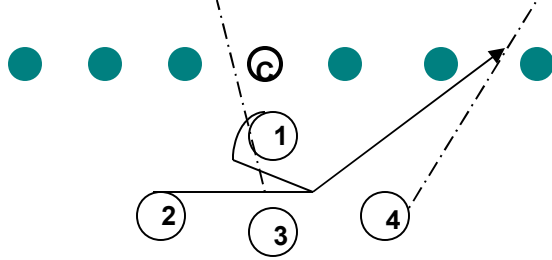
On these two plays, the companions to 31 and 32, the ball is faked to the fullback and handed to the halfback. The Key to these plays is a good fake to the fullback



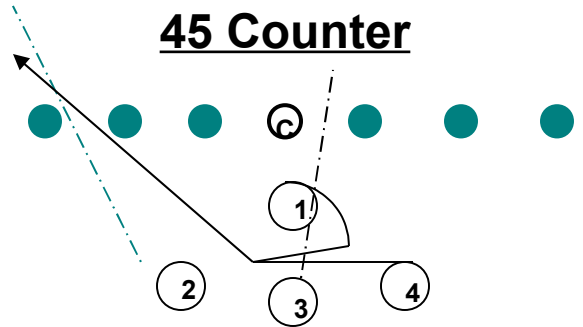
On these two plays, the Quarterback hands the ball to the Halfback as shown, without a fake. The Fullback runs to the back-side of the Quarterback.

Offensive Plays- Counters/Sweeps

26 Counter

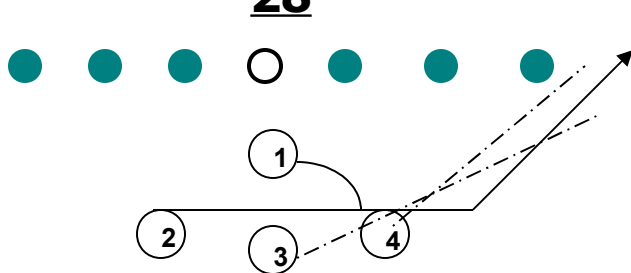


45 Counter

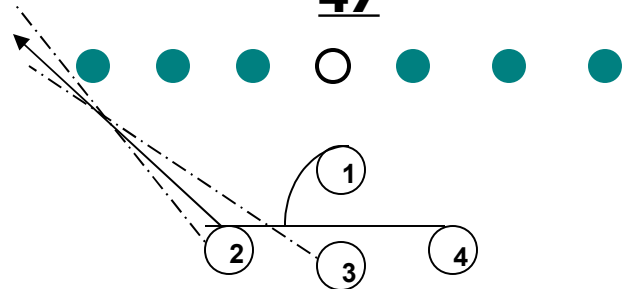


On the 26-Counter, the Quarterback fakes the ball to the Fullback through the #1 hole, and makes a deep handoff to the Left Half-Back, who runs through the #6 hole. For the 45-Counter, the QB fakes to the FB in the #2 hole, then makes the deep handoff to the Right Half-Back, who runs through the #5 hole

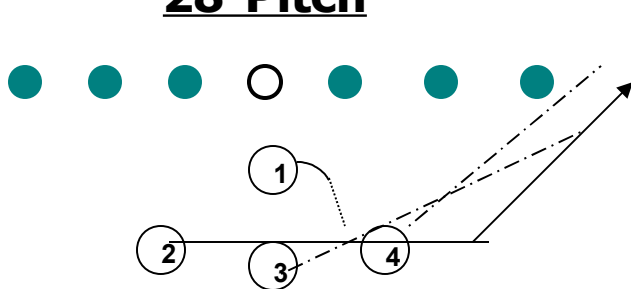
28



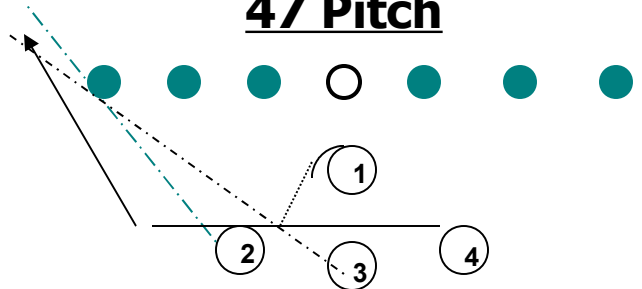
47



28-Pitch

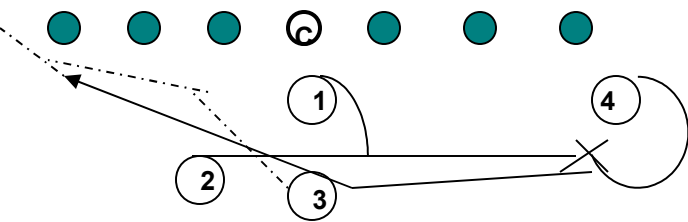


47 Pitch

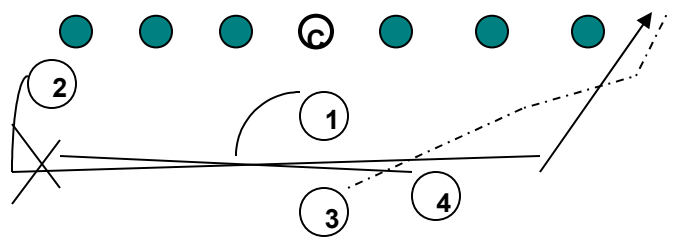


Offensive Plays – Reverses/Rollouts

Flanker Right – 47 Sweep Reverse

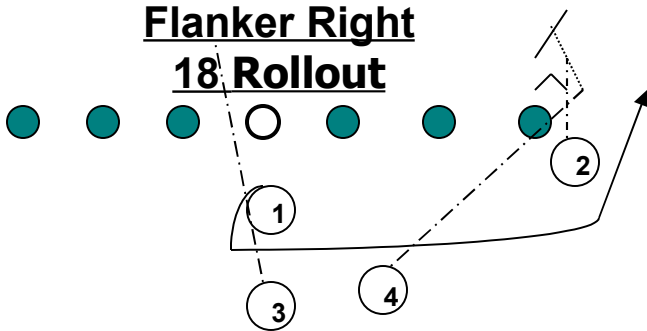


Flanker Left – 28 Sweep Reverse

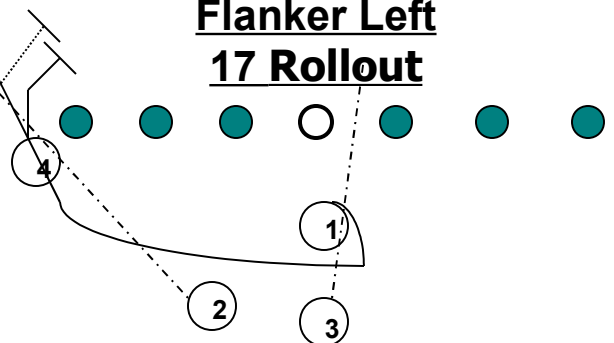


On the 47 Sweep Reverse, the Quarterback will hand-off to the #2 Half-Back, who will run the same motion as a #28 Sweep. The #4 Half-Back runs behind the #2 Half-Back, and receive the hand-off (this is an "Outside" hand-off for the #2 Back). On the 28 Sweep Reverse, the QB will hand-off to the #4 HB, who will run the same motion as a #47 Sweep. The #2HB will receive the hand-off from the #4 HB.

Flanker Right 18 Rollout

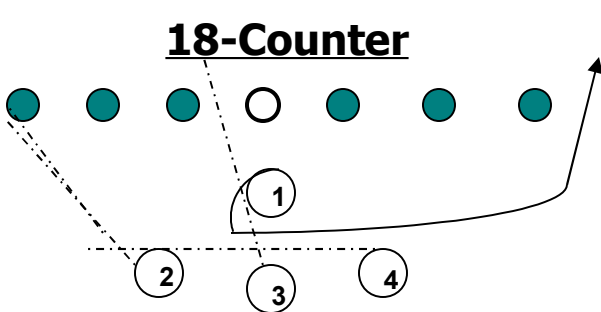


Flanker Left 17 Rollout

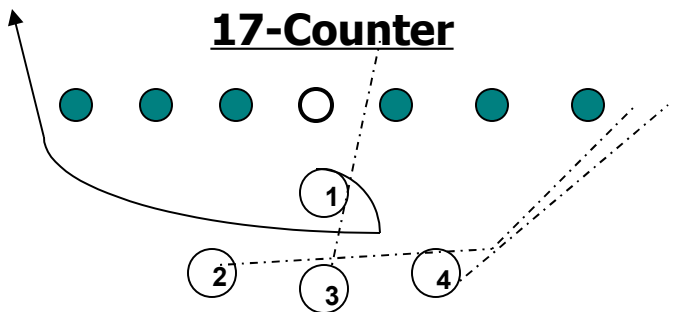


On the Flanker Right – 18 rollout, the QB will rollout to his left, making a hand-fake to the Fullback through the #1 hole. The QB then runs a Sweep-Right around the Right-End. On the 17-Rollout, the QB will roll to his right, faking to the #2 hole, then reversing direction, running to the #7 Hole.

18-Counter



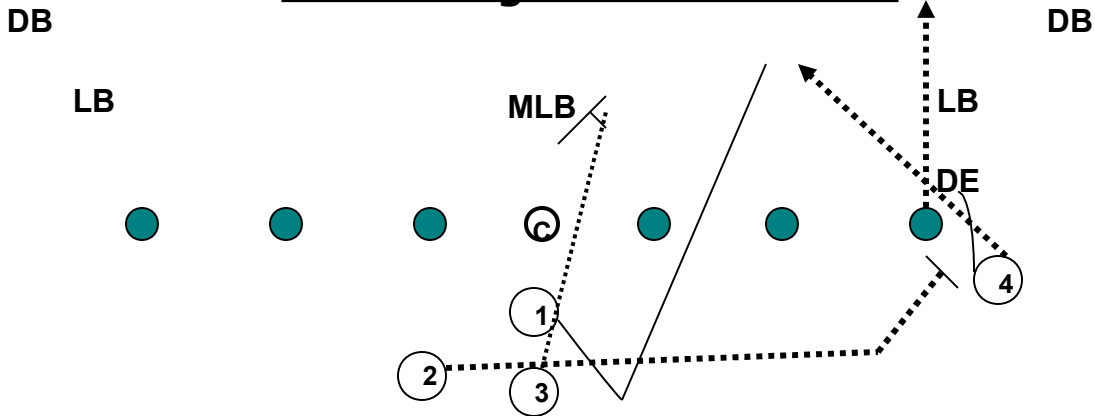
17-Counter



On the 18-Counter, the QB will make a hand-fake to the #1 hole, then reverse-field and run through the 8 hole. The #2 and #4 backs will run toward the #7 hole. On the 17-Counter, the direction is reversed, with the hand-fake to the #2 hole, and the QB running to the #7 hole.

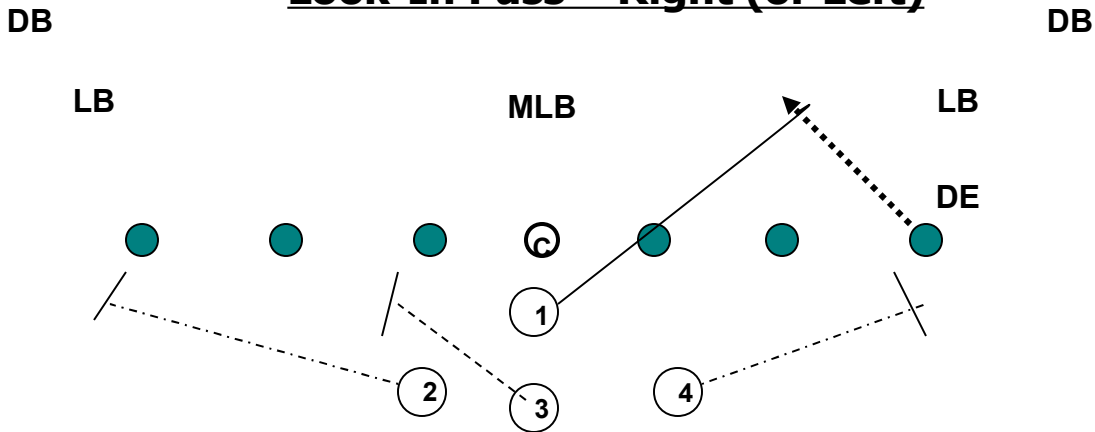
Offensive Plays – Passing Plays

Flanker Right – Fake 32 Pass

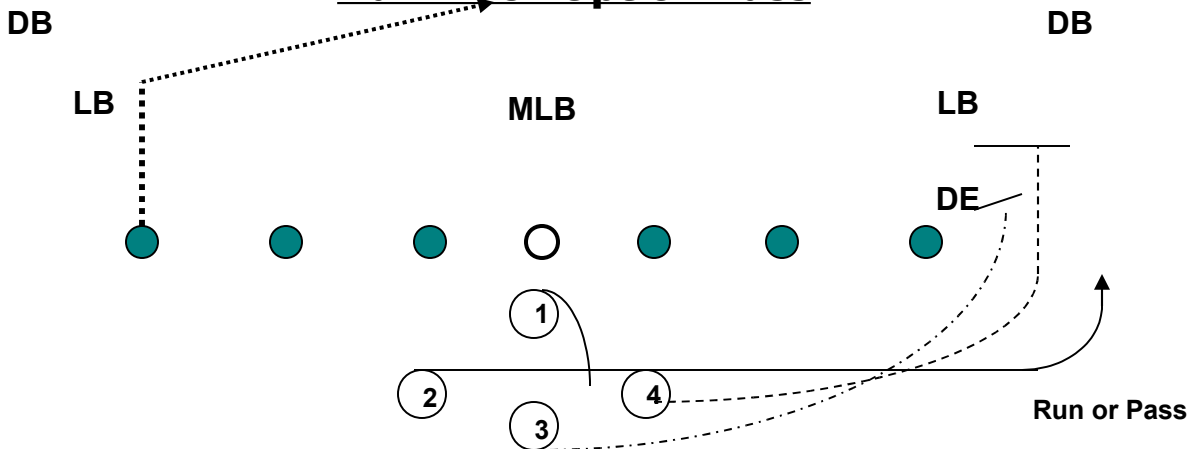


The #4 Half-Back lines up as a Flanker-Right. The QB hand-fakes to the #3 Fullback through the #2 hole (the FB then goes and blocks the Middle Linebacker), drops-back three steps, and throws to either the Right-End on a "Fly" pattern, or to the #4 HB on a "Look-In" Pass. (The #2 Back will provide blocking help on the "Onside" Defensive End).

Look-In Pass – Right (or Left)



Half-Back Option Pass

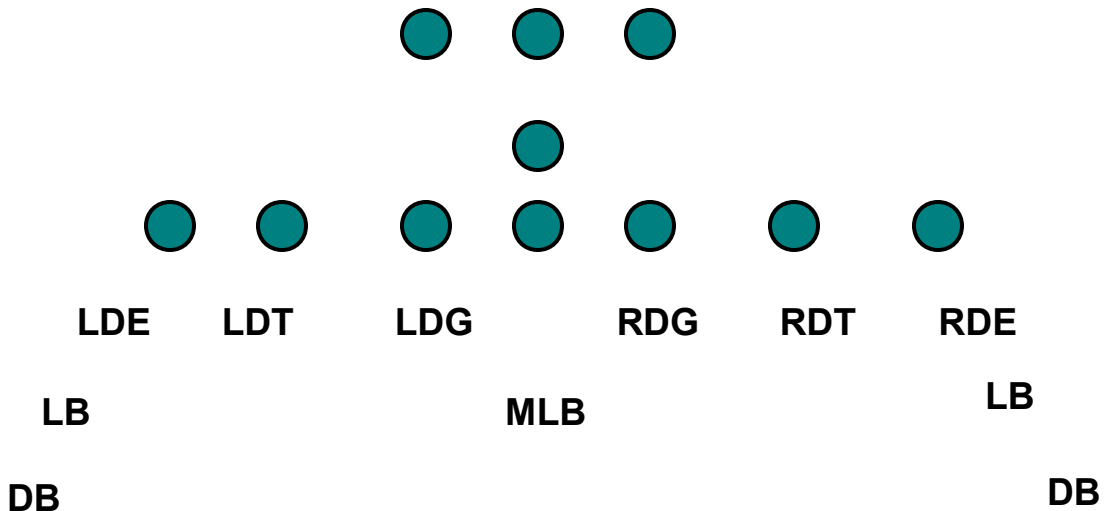




PVAA Junior Development
Defensive Base Package

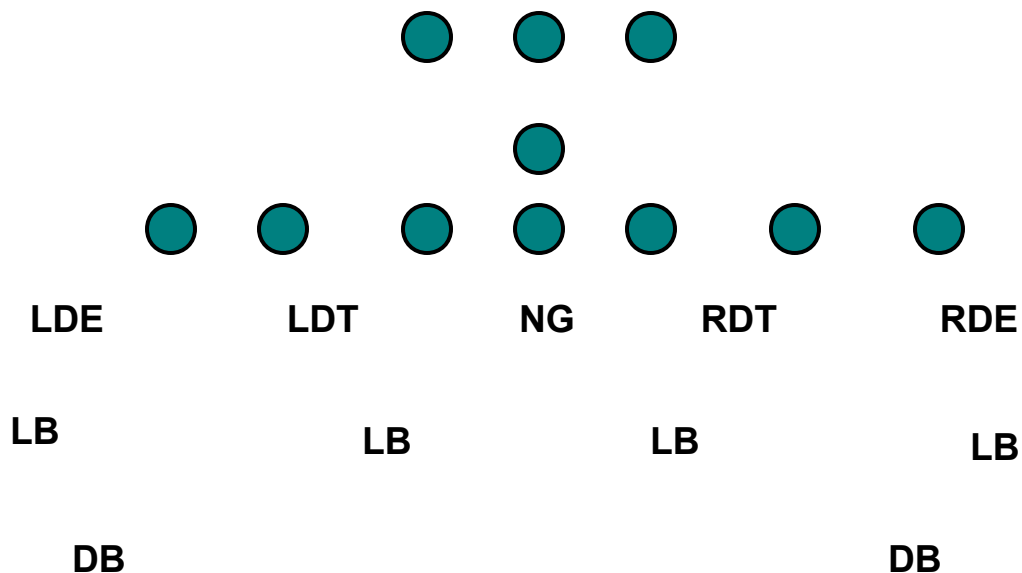
Defensive Formations

The 6-3 Defense



The Ponte Vedra Junior Development League limits the defensive formations that can be used to the 6-3 and 5-4 defenses and does not allow linebackers to Blitz

The 5-4 Defense



*** 5-4 Defense is limited to the Older Divisions only**

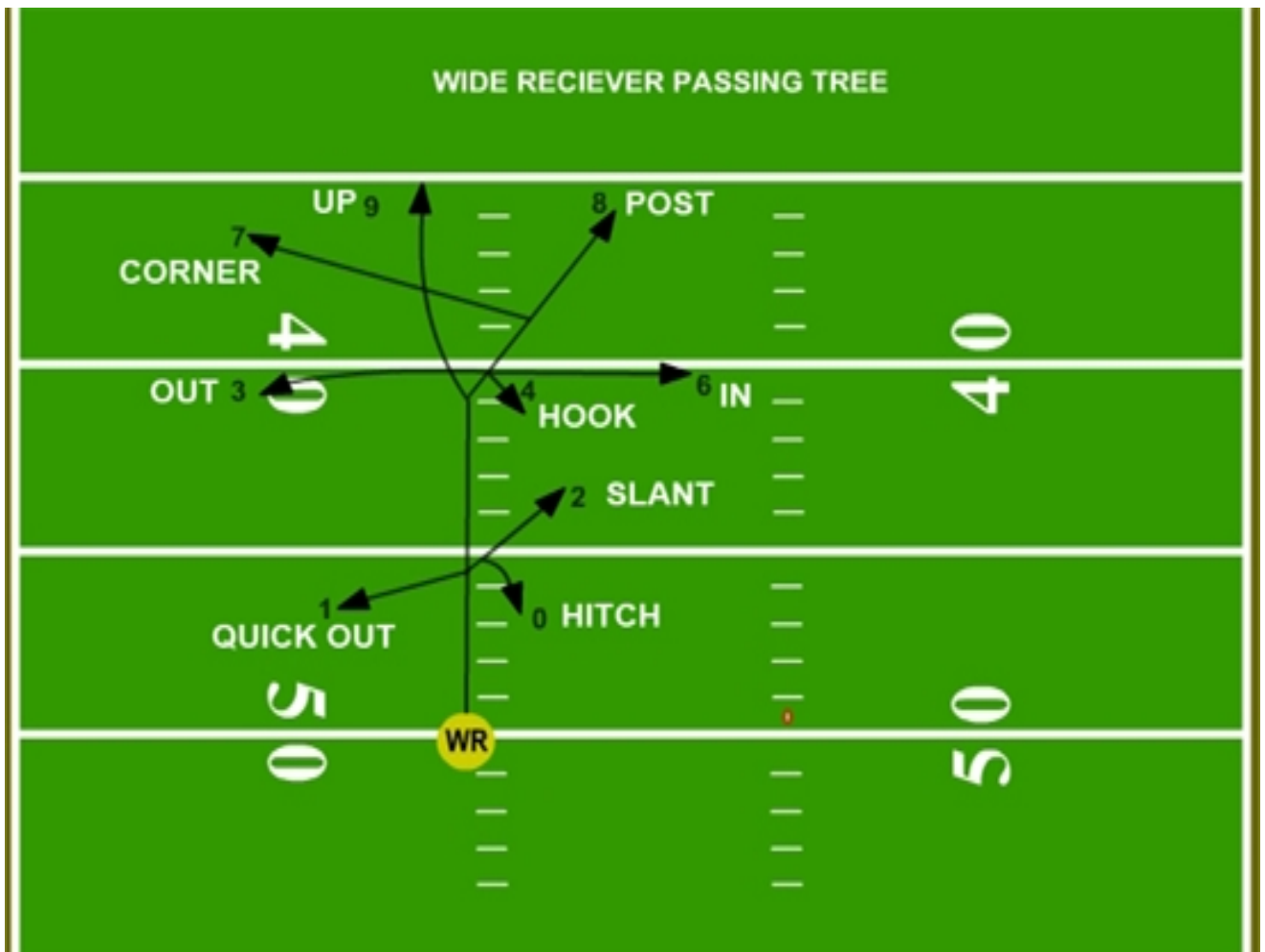


PVAA Junior Development

Receiver Routes & Additional Offensive Formations

These routes & formations may also be implemented into a game-plan at some point during the season.

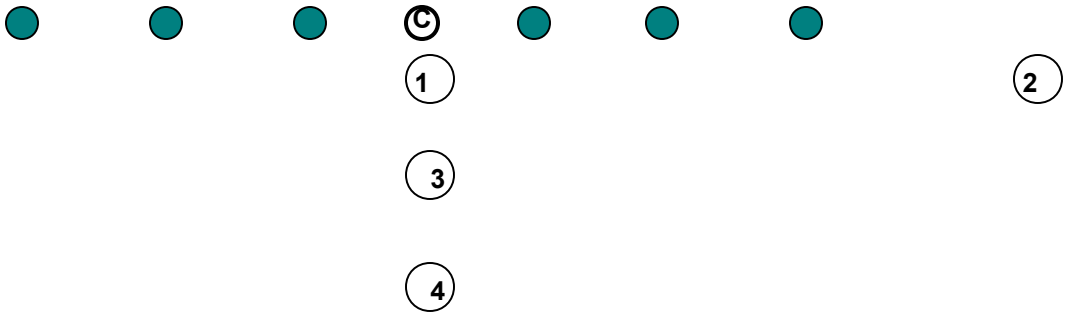
Receiver Routes



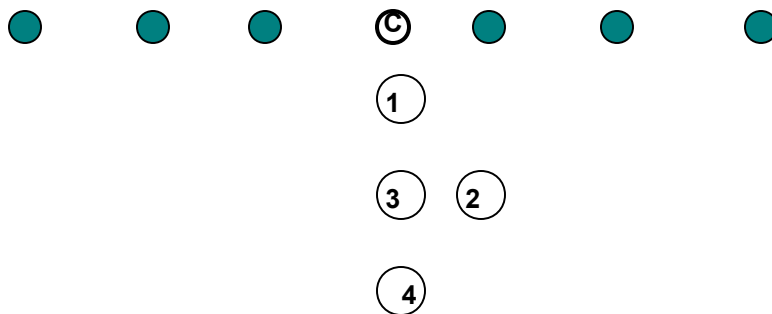
These receiver routes may be implemented into an offensive game-plan at some point during the season. The hitch, quick-out and slant routes are typically performed within 5-7 yards of the line of scrimmage while the others usually occur outside of the 9 yard range.

I-Formation

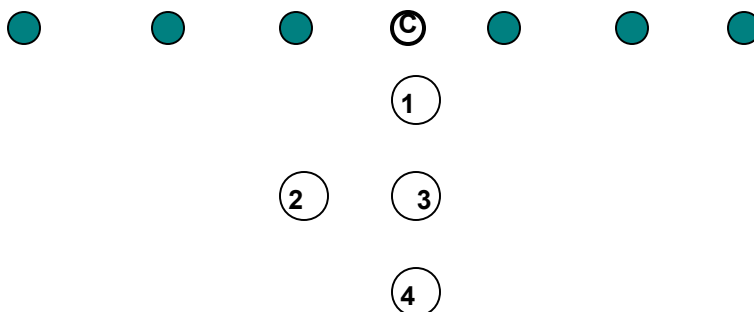
Basic-I , Split Right



Power-I Right

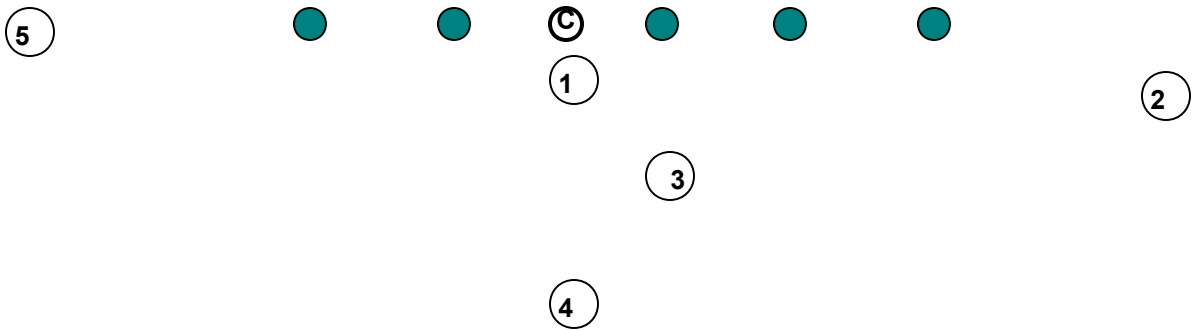


Power-I Left

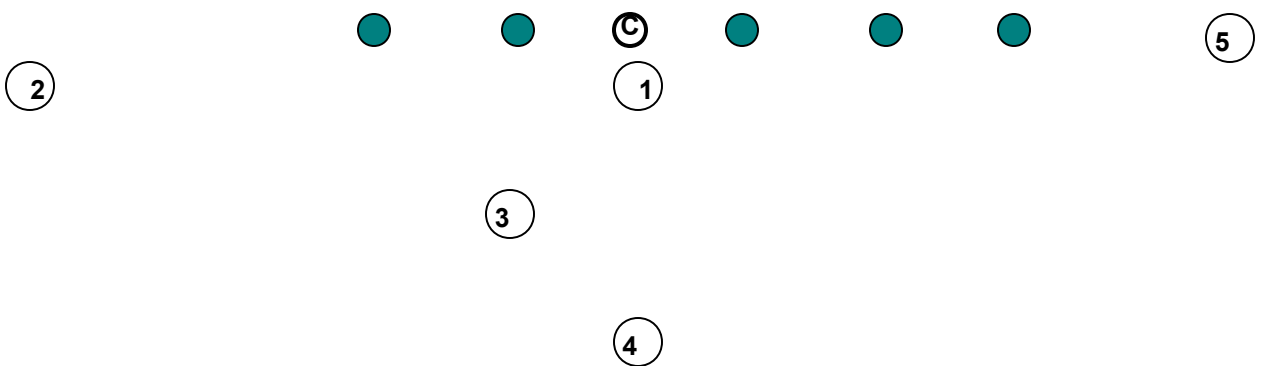


I-Formation

FB Strong, Split Right

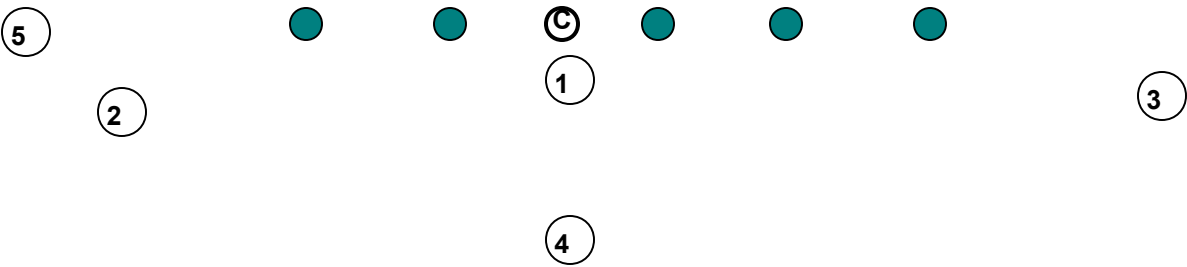


FB Weak, Split Left

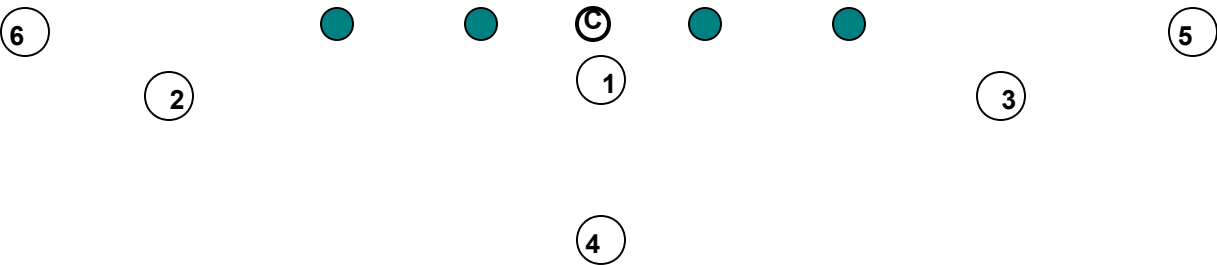


Ace Formation

Twins Left, Split Right

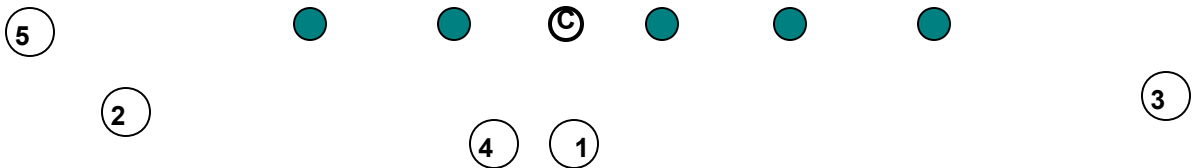


Spread

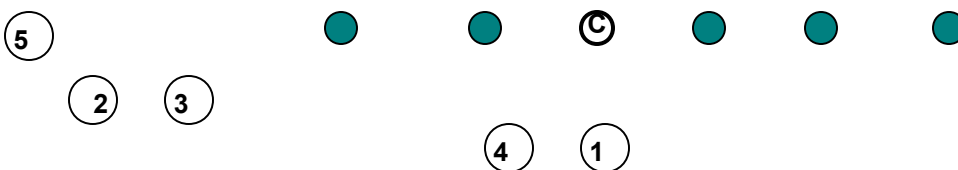


Shotgun Formation

Shotgun, Twins Left, Split Right

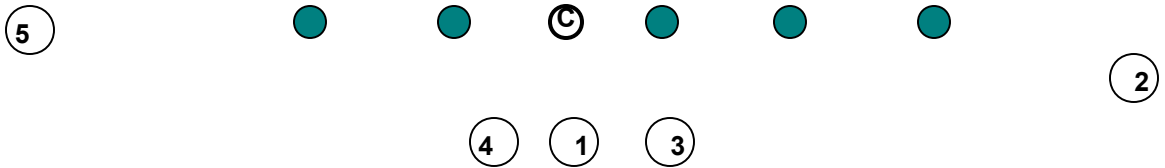


Shotgun, Trips Left

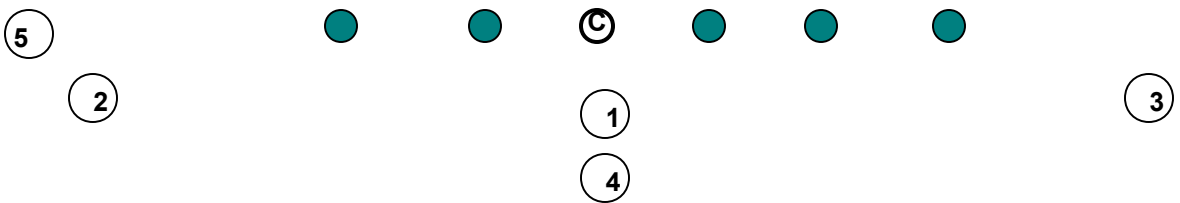


Shotgun Formation

Shotgun, Max Protect

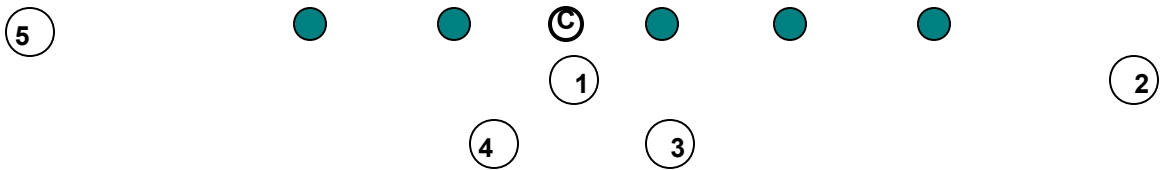


Pistol Formation

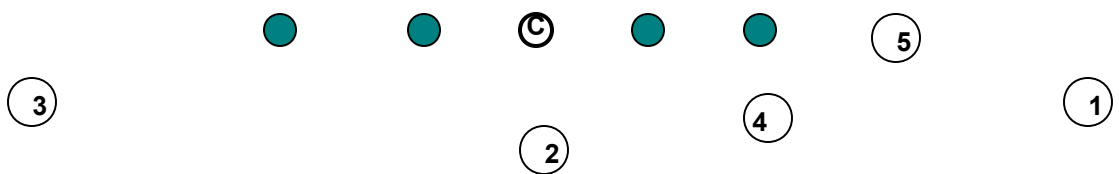


Additional Formations

Pro-Set

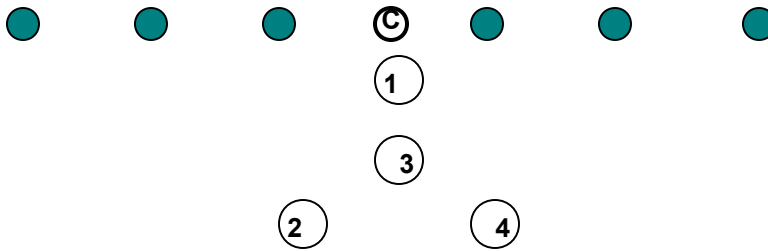


Wild-Cat

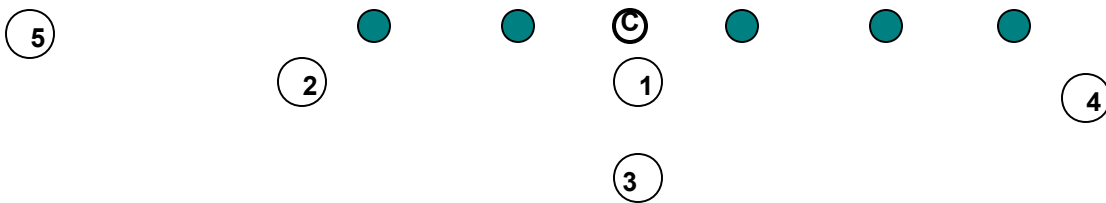


Additional Formations

Wish-Bone

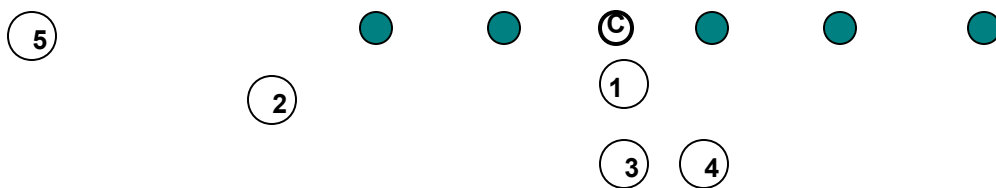


Flex-Bone

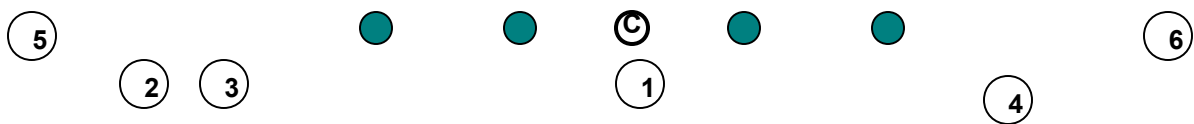


Additional Formations

Wing-T



Empty Backfield

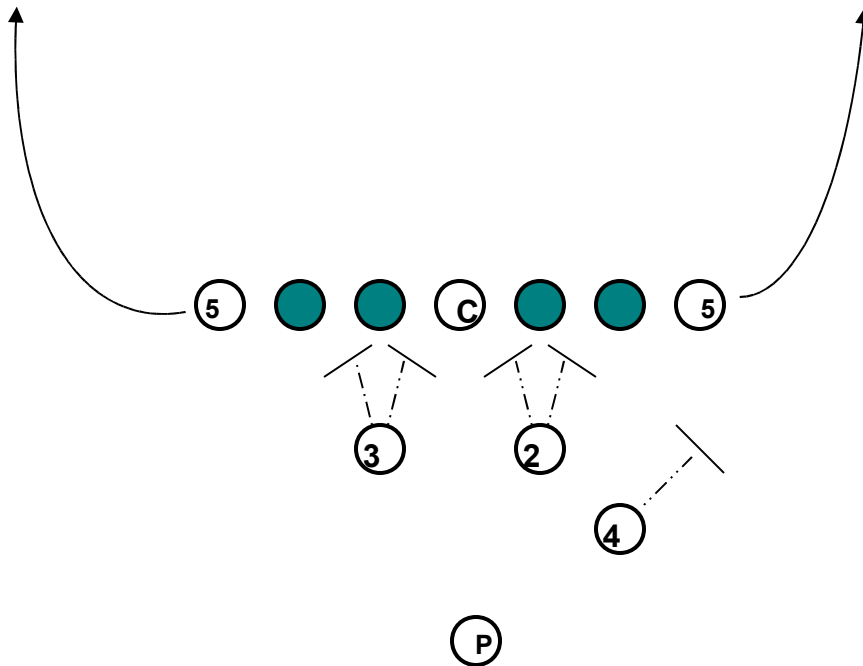




PVAA Junior Development Special Teams

***Special Teams will be limited to the Older Divisions**

Basic Punt Formation



Center

The center's primary task is a good snap back to the punter. Afterwards, he will block the closest defender. Post-punt, he will cover the kick straight down the field.

Guards, Tackles & Right End

The guards, tackles & right end will force the defenders inside ; not allowing the defender to access their inside gap.

5-Backs

When the ball is snapped, the #5 backs will immediately jam their outside defender and get down-field to cover the kick. The #5 backs should concentrate on forcing the returner inside where there is coverage assistance.

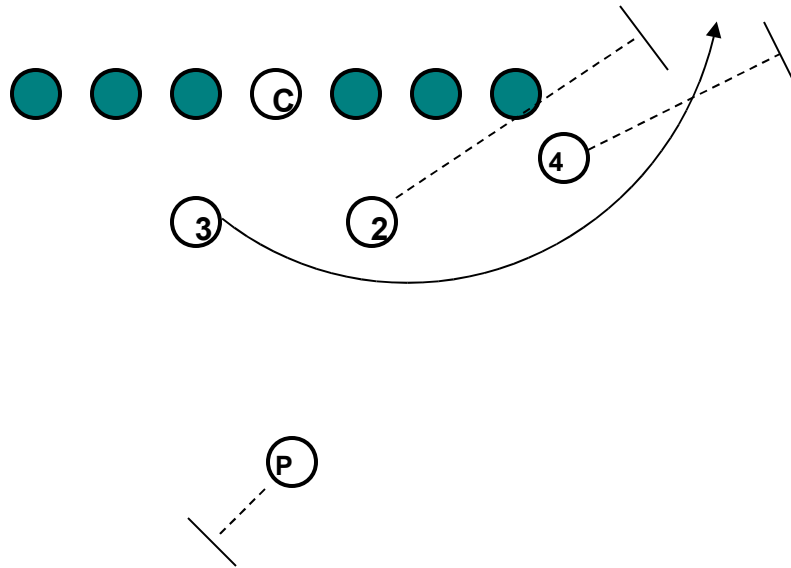
2-Back, 3-Back, 4-Back

The 2-back & 3-back should block the first defender to access the gaps between the guard. The 4-back will determine if he will position himself on the left or right side of the punter based on the alignment of the defense. He is responsible for blocking the first defender to access the outside end.

Punter

Align 12 - 15 yards back from the center. Post-punt, he becomes the safety or last line of defense.

Fake Punt Formation



Center

The center will appear to make a normal snap, however, he will make a half-snap that the 3-back will grab out of the air.

2-Back, 4-Back

Block the first defender to appear through the 8 hole.

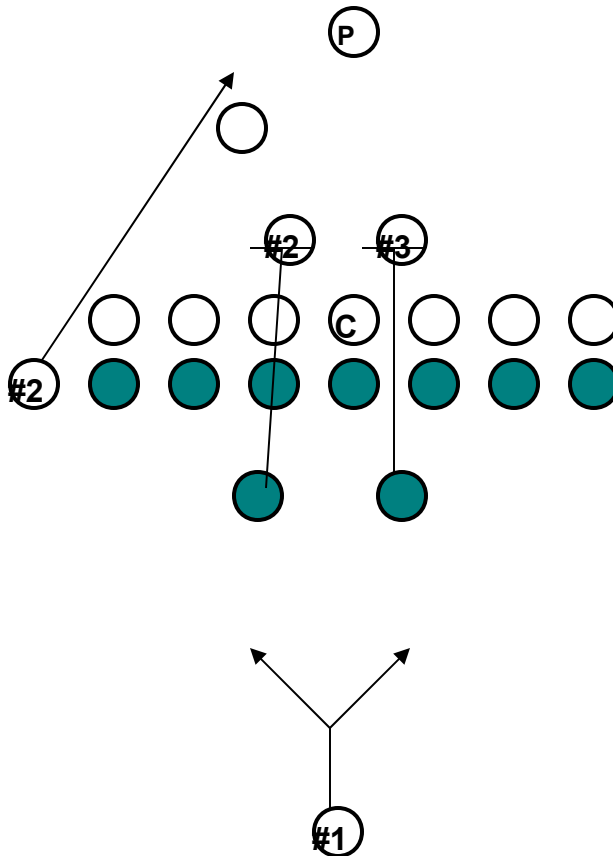
3-Back

On snap, the 3-Back will quickly move to the right and catch the floating snap from the center. Following the 2-Back through the 8 hole should be his first option. If the 8 hole is congested, the 3-back should bounce outside and get up-field as quickly as possible.

Punter

The punter must make it a point to "sell the fake" on this play by jumping up and running backwards as if the snap went over his head.

Punt Return – Mash



#2 Punt Blocker

This individual should attempt to block the punt.

Defensive Linemen

Each defender should attempt to “shadow-block” the offensive linemen that is lined up directly in front of them. Each defensive linemen should follow their opponent down the field in an attempt to prevent them from making the tackle on the punt returner.

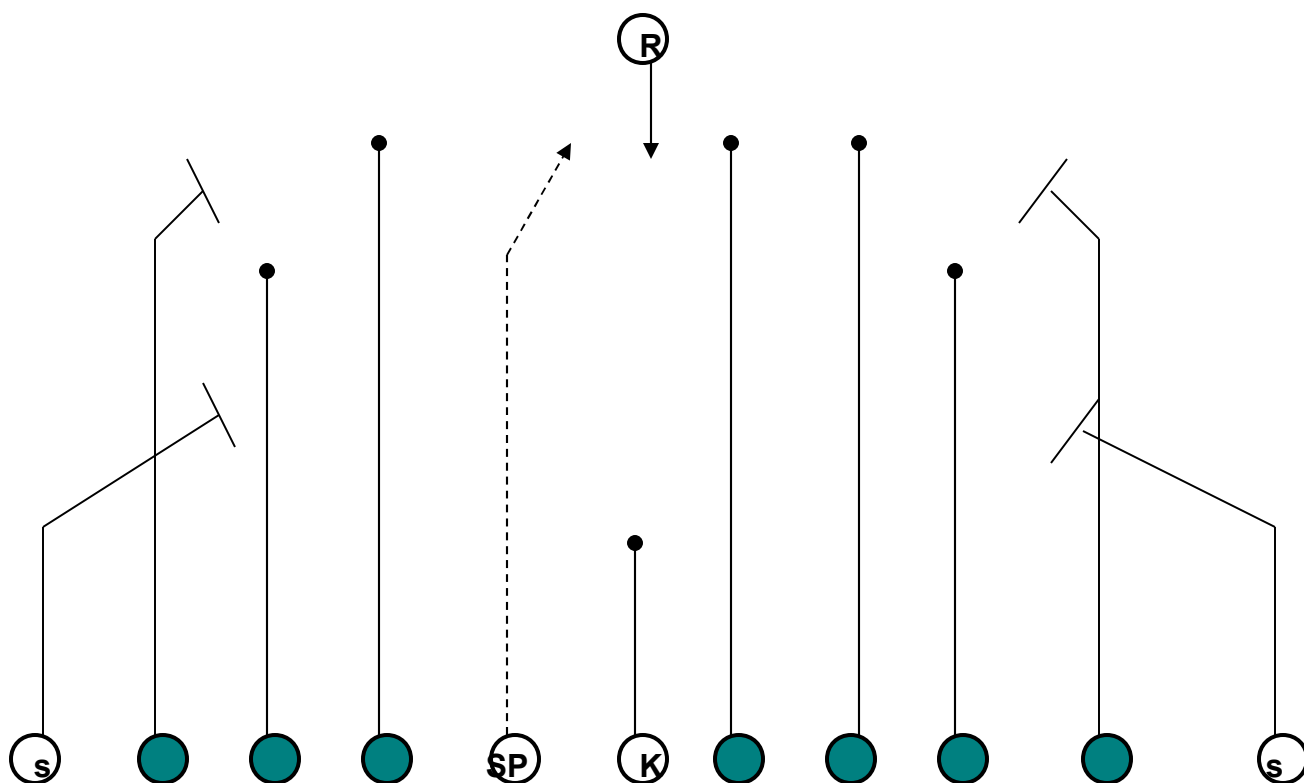
Line-Backers

Should attempt to “shadow-block” the #2 and #3 offensive backs. They should follow their opponent down the field in an attempt to prevent them from making the tackle on the punt returner.

#1 Punt Returner

Catch the punt and run up-field to daylight & SCORE!

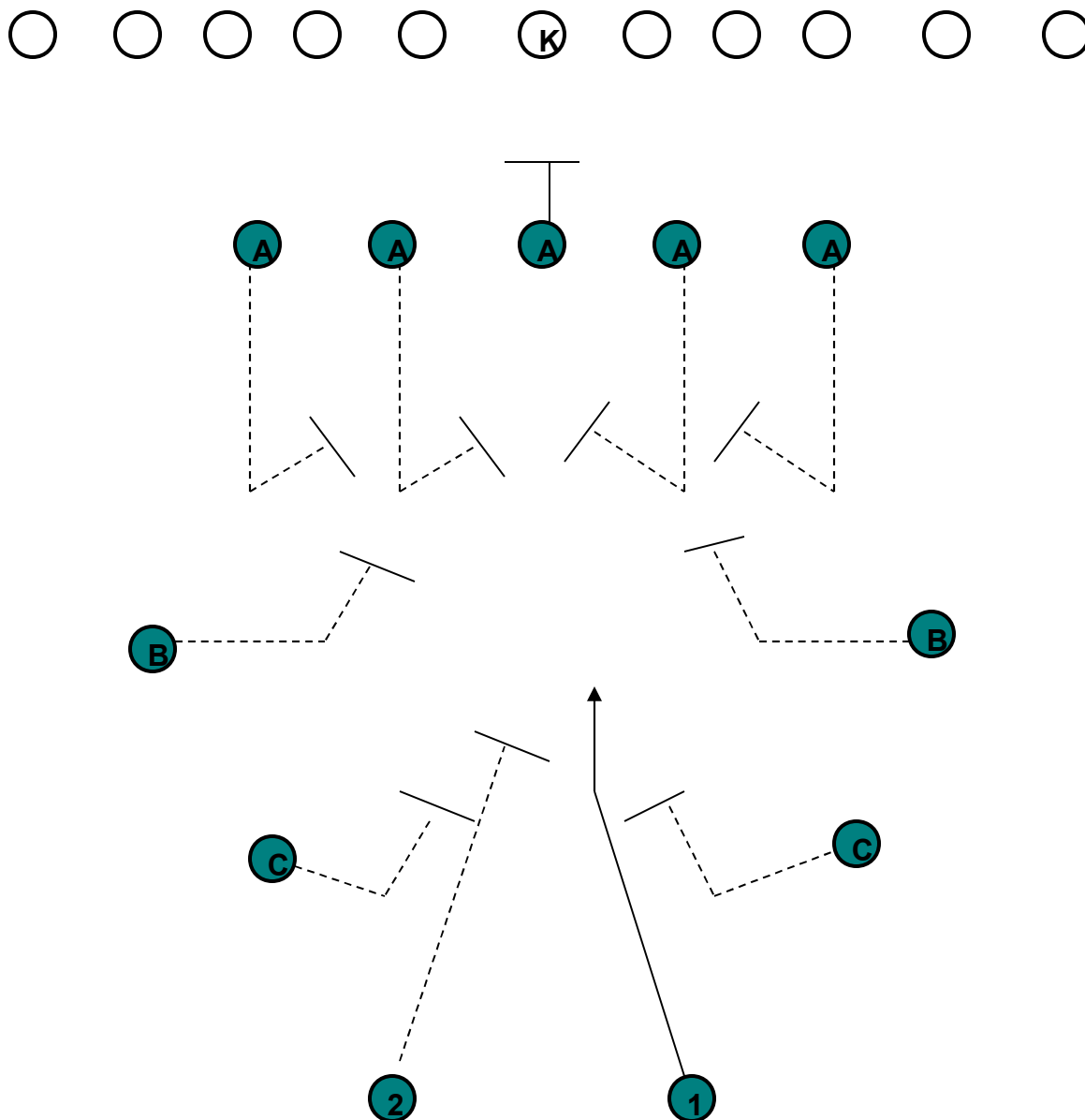
Kick-Off Cover



The players on the kick-off team should line up on the 40 yard line and separate 5 yards apart. The sprinter (SP) will go directly to the ball while the other defenders adjust to each other as they sprint to the ball. The Kicker, along with the 2 other outside defenders will serve as safeties (S).

- The members of the cover team should remain in their respective lanes and adjust to the individuals beside them as they cover**
- They should sprint to the ball until they get within 5-6 yards. Then, they should break-down and concentrate on aligning themselves to tackle the returner.**

Kick-Off Return



At Kickoff, the A players will sprint back 12 yards and form a wall. The B players will block the first opponents to run through the front wall. The C Players will form a wedge for the returner. The Free #1 back will block for the returner. The #1 back that fields the kick will follow his blockers and attempt to Score!



GO SHARKS!